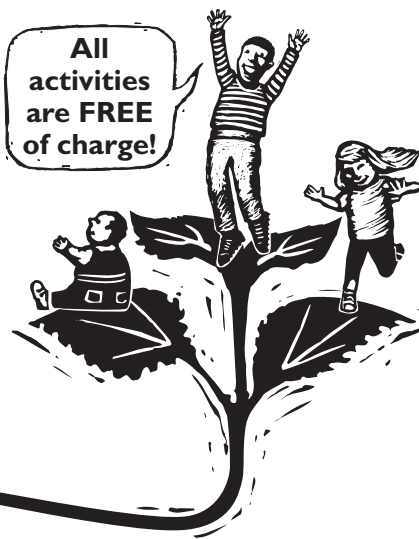


Growing Healthy Families

All
activities
are **FREE**
of charge!



**White River Junction District Office,
Vermont Department of Health**

226 Holiday Drive, Suite 22 • White River Jct., Vermont 05001

1-802-295-8820 or 1-888-253-8799

Spring 2010

Ask the RD

Wednesday, March 10

Registered Dietitian Day

Vermont Department of Health

Do you want to eat right, but you're not sure where to start? Want help reaching a healthy weight? Feeding your family? Setting physical activity goals? A Registered Dietitian is offering free nutrition consultation all day. Call Jessie at 802-281-5029 or toll-free at 888-253-8799 to schedule an appointment.

Baby shower

Tuesday, April 27; 10:00–11:30 a.m.

Vermont Department of Health

We want to honor you with a party! Join us for food, games, and prizes and have fun learning about breastfeeding from experienced moms. Family and breastfeeding support including your local Parent Child Center, Visiting Nurse Alliance, and the Women's Health Resource Center will be available to answer questions. RSVP with Jessie by April 23 at 802-281-5029 or 888-253-8799.

Jumpin' & Jivin' at the Hop

Saturday, May 8; 11:00 a.m.–Noon

Alumni Hall, 2nd floor of the Hopkins Center
Dartmouth College; Hanover, NH

Hanover-based swing dance instructors John and Sandra Tomeny will get your little Jitterbugs jumping! Once the delightful sounds of jazz music enter their ears they'll find it hard to resist the urge to hop and boogie all day long. No tickets or registration required. For more information on the HopStop Family Series, 603-646-2010 or hop.dartmouth.edu.

Cooking with beans

Wednesday, May 12, 9:30–10:30 a.m.

United Church on the Green, South Royalton

Canned beans are now available through WIC! No soaking or hours of boiling necessary. Beans are a great source of protein and fiber and can be served in a variety of kid-friendly ways. Learn the basics of cooking with beans and sample recipes. Bring your favorite bean recipes to share. Call Jessie at 802-281-5029 or 888-253-8799 for more information.

Fit WIC Fun

Thursday, May 27; 9:00–10:00 a.m.

Westshire School, West Fairlee

Active play everyday can help keep your child happy and healthy. Join us for some fun physical activity. You will receive a free Fit WIC book with more playtime ideas to try at home with your children. For more information, call Jessie at 802-281-5029 or 888-253-8799.